

LYNN COUNCIL ON AGING SENIOR CENTER



**September
2014**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Bert said to Ernie, "Want some ice cream?"

What do you think Ernie said?

Sherbert!

Have you ever set out to do something and then find yourself hours later not even scratching the tip of the original task but deep into something else?

I cleared my desk and committed to focusing on my annual report's closing summary statement of a year in review of all our projects and initiatives. It's going to be sassy, eye catching and mind blowing --- so appealing that someone from the state offices would hop on the very next train to downtown Lynn and demand to see me. Well, I thought and thought... and thought. I thought so much I got hungry. I said, "one's gotta eat! How can I tackle this magnificent idea if I am famished?"

Out into the center, I wandered. I walked maybe six steps and someone asked me if I saw the Red Sox game. We went on about their 0.1% probability of appearing in the post season. We went further to wondering who was playing in Pawtucket and who was handling the strategic planning for their seven year plan? (I believe in 5 year plans; but something went a little wrong this year, they may need a cushion.) I didn't get far when someone asked where they could get a glide for their walker.

I said, "Hold on, I'll be right back." I'm practicing delegating, but when I turned the corner the staff was still distributing over 700 bags of food bank groceries. So, I didn't bother anyone and headed to the basement. I found some donated glides and headed back. I stopped- a book caught my eye. A very old book. I grabbed it and started flipping through it while heading up the stairs. The pages thick and gold smelled musty. The binding was strong and intact. Tiny pieces of dried scotch tape spiral to the floor falling out of the book lacking any adhesive. It was a scrapbook of the Lynn Council on Aging newspaper clippings from 1969 - 1971. I was so hooked on this book, I read it front to back. The Governor was Francis Sargent and he proclaimed May as Senior Citizens Month, mirroring JFK's original proclamation in 1963. He pointed out that thousands of persons in Massachusetts aged 65 or more, who have contributed immeasurably to the development and prosperity, should now be the concern of their younger fellow citizens. Revolutionary progress in industry, urbanization, medical science and technology has brought with it both new problems and opportunities for our rapidly growing number of senior citizens. Where they want jobs, they should be given jobs. Where they seek recreation, entertainment and seek fellowship, such opportunities should be provided. Lynn responded to the challenge and opened the Lynn Council on Aging drop in center in the GAR building on 58 Andrew St. The first resolution the Lynn COA adopted was reducing MBTA fares. Sound familiar? History does repeat itself.

More to come next month... I have to grab a bite to eat and finish my closing statement!

~Stacey Minchello~

From Your Mayor

It is hard to believe that summer is already winding down. I hope you have been able to get out and enjoy the spectacular weather we have been blessed with the last few months, as well as some of the events around the city, such as the Red Rock concert series.

A sure sign of the impending start of fall is when our children head back to school. On Sept. 4, our city's classrooms will be filled once again and I wish all of our students and teachers a safe and productive school year.

We have an exciting start to the fall lineup of entertainment at the Lynn Auditorium, including Buddy Guy, Creedence Clearwater Revisited and the Ultimate Michael Jackson Show. For more information, please call the Box Office at 781-581-2971.

The Lynn Museum's fall exhibit, Artists at the Atlantic, will focus on artists who exquisitely painted the Lynn shores. This exhibit will showcase the highly acclaimed artists: Nathaniel Berry, William Burpee, Edward Burrill, C.E.L. Green, T.C. Oliver, Edward Page and Charles Woodbury. On Sept. 20, the museum will host a free, day-long presentation of these local artists.


On Sept. 10, the Museum Enrichment Series for Adults returns for its third season with a virtual tour of the city's shoe factories, exploring more than a dozen locations that were part of the booming manufacturing district in Central Square. No walking is required because this tour will be from the comfort of your chair.

Best wishes for a wonderful fall.

Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers
Edmund Brown
Albert DiVirgilio
Frank LaMacchia
Lester McClain
Charles Mitchell
Frances Taggart

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Meets 4th
Wednesday
monthly at
1:30 p.m.

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Meets last
Thursday
monthly at 10 am

Medicare's Open Enrollment

Medicare's Open Enrollment is October 15 – December 7.
Make an appointment with a SHINE counselor now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2015.

During Medicare's Open Enrollment, you will have a chance to change your plan for next year. SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Appointments are limited so make your appointment soon.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact Kristi or Carol at 781-599-0110. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

SEPTEMBER HAPPENINGS

Trip sign-ups begin, Thursday, Aug 28th

Mon, Sept 1	Labor Day	Center is closed
Tues, Sept 2	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Weds, Sept 3	PENNY SALE!!	11:30 am – 12:30 pm

The Friends are accepting donations of new items, small gifts and gift certificates.

All proceeds benefit the Lynn Council on Aging

Weds, Sept 3	FOOD STAMPS OFFICE HOURS	9:00 a.m. – 12:00 p.m.
Weds, Sept 4	Lunch Trip: Seaport Grille- Gloucester \$2	10:30 a.m. – 2:30 p.m.
	<i>New passengers please</i>	

Mon, Sept 8	Field Trip: MBTA Sr. T Passes Boston \$2	9:30 a.m. – 1:30 p.m.
Tues, Sept 9	Blood Sugar <u>AND</u> Blood Pressure Clinic	8:00 a.m. – 9:30 a.m.
Tues, Sept 9	Massachusetts Primary Day Vote Today!	
Weds, Sept 10	Lunch trip: IHop Saugus \$2	11:00 a.m. – 1:00 p.m.
Thurs, Sept 11	Gloucester Lobster Lunch Cruise \$45	9:30 a.m. – 3:30 p.m.
Mon, Sept 15	Women's Group Meeting	10 am – 11 am
Tues, Sept 16	FOXWOODS CASINO \$27	7am- 6:30 pm
Weds, Sept 17	Lunch trip: Red's Tavern \$2	11:00 a.m. – 1:30 p.m.
Thurs, Sept 18	Back by popular demand!!! Vocalist, Denise Doucette	12:15 pm

brought to you by the Lynn Cultural Council and the Friends of the Lynn Council on Aging

Fri, Sept 19	BROWN BAG: BOSTON FOOD BANK	10:00 a.m. – 12:00 p.m.
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Mon, September 22 *Bingo Bonanza! Special games- larger prizes! 11:30 card sales*
12 noon start minimum of \$50 coverall
plus "next number bingo prizes every game!"

Weds, Sept 24	Lynn COA Board of Directors Meeting	1:30 p.m.
Thurs, Sept 25	FRIENDS OF LCOA meeting ☺	10 a.m.
Mon, Sept 29	DeMaino's Restaurant Revere \$2	11:00 a.m. -
Tues, Sept. 30	Hearing Clinic Appointments	9:00 a.m. – 10:00 a.m.

Topsfield Fair Senior Day, Monday October 6th \$2 Bus \$8 Fair ticket on bus TBA

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SEPTEMBER 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
1 HOLIDAY NO MEAL SERVICE	2 Beef hot dog/roll Baked beans Coleslaw Cookie <small>ALTERNATIVE</small> Ziti/marinara sauce	3 Stuffed shells/marinara sauce Broccoli / Snack loaf Fresh fruit <small>ALTERNATIVE</small> Caribbean beef tips	4 Lemon pepper pork Black eyed peas and rice Garden salad/dressing WW bread Pudding <small>ALTERNATIVE</small> Arroz con pollo(chicken)	5 Cajun chicken Red potatoes Green peas Rye bread Fresh fruit <small>ALTERNATIVE</small> Oxtail/sauce
8 Crispy baked fish Sweet potato wedges Italian blend veg. WW bread Chilled peaches <small>ALTERNATIVE</small> Jerk chicken Rice & beans	9 Roast beef/gravy Garlic mashed potatoes Garden salad/dressing WW bread Pudding <small>ALTERNATIVE</small> Whole grain macaroni and cheese,salad	10 Roast turkey/gravy Vegetable rice pilaf California blend veg. WW bread Cookie <small>ALTERNATIVE</small> Salmao brasileiro(salmon), yucca,California blend veg.	11 Chicken parmesan / Pasta Garden salad/dressing Italian bread Fresh fruit <small>ALTERNATIVE</small> Dominican turkey Rice and beans	12 BBQ pulled pork Rice and beans Spinach WW bread Fresh fruit <small>ALTERNATIVE</small> WG cheese pizza Fresh fruit
15 Chicken and broccoli Alfredo / Pasta Capri blend veg. Italian bread Chilled pineapple <small>ALTERNATIVE</small> Arroz con camarones (shrimp)	16 Southern style cod filet Rice and beans Garden salad/dressing WW bread Pudding <small>ALTERNATIVE</small> Roast beef/gravy	17 Meatballs/pasta/sauce Cauliflower/red peppers WW bread Cake <small>ALTERNATIVE</small> Braised chicken/jicama lime	18 Cumin roasted pork Chipotle sweet potatoes Garden salad/dressing WW bread Fresh fruit <small>ALTERNATIVE</small> Eggplant parm/tomato sauce	19 American chop suey Broccoli Rye bread Fresh fruit <small>ALTERNATIVE</small> Tripe stew
22 Boneless pork chops/ gravy Whipped sweet potatoes Collard greens WW bread Fruit cocktail <small>ALTERNATIVE</small> Frango asado (chicken)	23 Chicken teriyaki Brown rice Stir fry vegetables WW bread Pudding <small>ALTERNATIVE</small> Macaroni and cheese/ salad	24 Salmon/dill sauce Red potatoes Green peas Muffin Fresh fruit <small>ALTERNATIVE</small> Turkey/creole sauce	25 SPECIAL Meatloaf/brown gravy Cheddar mashed potatoes Green beans WW bread Fall cookie	26 Turkey Milanese Vegetable rice pilaf Carrots Rye bread Fresh fruit <small>ALTERNATIVE</small> WG cheese pizza
29 Cheese lasagna/tomato sauce Spinach WW bread Pudding <small>ALTERNATIVE</small> Creole style fish	30 Roast pork/gravy Whipped potatoes Garden salad/dressing Italian bread Fresh fruit <small>ALTERNATIVE</small> Baked tomato	ALL MEALS SERVED W/ BREAD AND 1% MILK Requested Donation is \$2.00 per meal	MENU SUBJECT TO CHANGE WITHOUT NOTICE	SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!

SENIOR CENTER ACTIVITIES • SEPTEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	9:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	11:15-12:15 COMPUTER CLASS #2
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:00-1:30 DANCE PARTY	11:30-12:15 EXERCISE CLASS
	12:30-2:30 CRIBBAGE	1:00 – 3:00 MOVIE	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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ADAPTIVE

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7 am - 6:30 pm

Tuesdays: Sept. 16, Oct. 21 &
Nov. 18

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

Bonus package:

*\$10 food coupon for retail food vendors
or free buffet*

*Plus \$10 bonus slot play added to your
rewards card on the bus before entering casino.*

Remember to bring your rewards card!



Casino Trips from Revere

Mohegan Sun \$25 *plus tip*

10:00 a.m. - 6:30 p.m.

Sept. 2, 16 & 30;
Oct. 14 & 28;

Nov. 11 & 25;
Dec. 9 & 23

Twin River \$25 *plus tip*

10:00 a.m. - 6:30 p.m.

Sept. 11 & 25;
Oct. 9 & 23;
Nov. 6 & 20;
Dec. 4 & 18



Casino Trips from **REVERE!**

Now Express!! Straight run - no stops!
Call Elaine at 781-289-6144
for reservation, questions, and
pick up location/parking.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Sept 3	Nine Months (1995)	PG-13	106 min
Sept 10	42 (2013)	PG-13	128 min
Sept 17	The Book Thief (2013)	PG-13	131 min
Sept 24	Guess Who's Coming to Dinner? (1967)		108 min



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE



Classes are limited to **6** students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Fridays**. Each series is **five weeks** long and costs **\$60**. Pre-paid registrations hold your seat. Either sign up in person

at the center or mail your check to:

LCOA, 8 Silsbee Street, Lynn, MA 01901.

Expect a phone call confirming your registration.

Questions?? Call Mayra 781-586-8546

COMPUTER CLASS DESCRIPTIONS:

Introduction to Computers & Windows 7, Class #1

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing.

10:00 a.m. – 11:00 a.m.

Next class: October 3rd, 10th, 17th, 24th & 31st

Introduction to Computers & Windows 7, Class #2

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth.

11:15 a.m. – 12:15 p.m.

Next class: October 3rd, 10th, 17th, 24th & 31st



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Wellness Watch September 2014

As summer winds down and we prepare for fall, we must not forget the importance of regulating our body temperature. Hyperthermia is the overheating of the body. Body temperature is a measure of how the body balances heat production and heat loss. Hyperthermia can occur without dehydration, but dehydration makes the situation much worse.

Dehydration is a reduction in body fluids that come from cells, tissue and blood. There are many effects of dehydration including dry mouth, thirst, lower urine output, kidney and liver failure, nausea, cramping, diarrhea, weight loss, fever and mental confusion. It is vital to note these symptoms as they can lead to serious health issues. So remember to drink lots of water!

When the body reaches temperatures near 106 degrees Fahrenheit it can go into convulsions and death can occur at 110 degrees Fahrenheit. With increasing body temperature the brain detects the warmer blood and initiates cooling system to redirect blood to skin and for sweat glands to open up. If the body overheats it can cause many dangerous side effects including cardiovascular complications with the heart and pumping blood to the body, the central nervous system and motor function which is how the brain controls the muscles. Sweating is one way for the body to release heat in order to cool down and lower the overall body temperature. Loss of sweat can lead to low sodium levels in the body which may then cause confusion, heart failure, low blood volume and low blood pressure. Loss of water and salt can also cause heat camps and muscle spasms. The process of sweating and dangerous side effects coincides with dehydration.

Heat illness can occur from a combination of the environment, the body overheating and dehydration. Although the following illnesses can occur simultaneously it is commonly thought that the order of severity is heat cramps, heat exhaustion and lastly and most dangerous heat stroke.

Heat cramps are muscle spasms and often occur in the arms, legs, or abdomen. These are caused by dehydration and loss of salt and other electrolytes. The muscles are not getting adequate blood flow because it is being directed elsewhere during this crisis in the body.

Heat exhaustion is caused by decreased blood pressure and dehydration. The symptoms include tiredness, headache, dizziness, lightheadedness, possible fainting, increased pulse, lack of coordination. Heat exhaustion is treated by being in a cool environment such as shade or inside with air conditioning. Drinking water and sports drinks will help with rehydrating the body. Heat exhaustion can occur without hyperthermia.

Heat stroke is very serious and should not be taken lightly. Medical attention is required immediately if someone is experiencing heat stroke. It is caused by hyperthermia, dehydration and the shutdown of the body's cooling system. The symptoms include hot dry skin, disorientation and confusion, rapid pulse, low blood pressure and organ and brain damage. Being sedentary, overweight, dehydrated and un-acclimated to the heat will speed up the process of a heat stroke. This can be treated by getting out of direct sunlight, removing one's clothing, wetting the body surface and fan to promote air movement and evaporation. Rubbing the skin with bags of ice will also help to bring the body temperature down.

In order to prevent any kind of heat illness and dehydration we need to be aware of our environment and make smart choices about our activities. It is not smart to be out in the sun all day and not drink water. Hydration is very important! Drinking water is the ideal beverage to maintain hydrated. However, if you are sweating a lot, sports drinks such as Powerade or Gatorade can help replenish electrolytes lost through sweat. The choice of clothing can also help prevent hyperthermia. Wearing loose lightweight material allows for better air circulation. Remember to always pay attention to the symptoms of dehydration and hyperthermia and to follow your emergency plan if needed.

Sweet Tooth

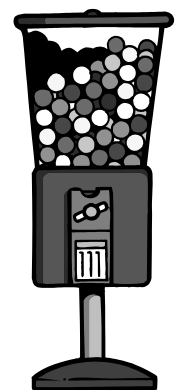
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 travel sweets



Director's Forum

Open Forum

Voice Concerns...
Meet & Greet with Stacey Minchello

**September 15th
9:30 a.m.**

Penny Sale



**Friends of LCOA
PENNY SALE
September 3rd
11:30 a.m.**



Fun & Flea Day

**Goldfish Pond Association
34th Annual Fun & Flea Day
Saturday, September 6th
9am - 3pm**

(Rain Date: Saturday, September 13th)

Table space available - (781) 599-1629

Raffle tickets \$1 each

6 tickets for \$5

\$500 Cash Prize !!!



IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation
~Sophie Karampoulis

In loving memory of Ethel M. Stevenson
~Carol Stevenson

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGGLASS CLINIC

September 2nd
10:00 am—11:00 am
By: Mr. Specs



BLOOD SUGAR & BLOOD PRESSURE

September 9th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.



HEARING CLINIC

September 30th
9:00 am—11:00 am



PODIATRIST

September 11th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card



MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.



LYNN COUNCIL ON AGING SENIOR CENTER

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